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tetontherapypc.com



“Our goal at Teton Therapy is to give you the results you want in a friendly, family-like atmosphere. Your time and trust are valuable and we are dedicated to helping you live a fuller, happier life.”

Jeff McMenamy
OTR-L, CEO, Owner



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TETON THERAPY

Pain Isn't Fun—But We Are!



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STAFF PROFILE

Ginny is an occupational therapist (OT) and co-owner of the Teton Therapy Sheridan clinic. She is a proud mother of two, avid gardener, reader, and master crafter. Growing up in a military family, Ginny's childhood included many moves before graduating from Riverton High School. She received her first degree in Psychology from the University of Wyoming and her second degree in OT from the University of Puget Sound. In addition to helping run our Sheridan clinic, Ginny is also a hot-air balloon pilot. Look for her in her airship basket at this month's hot air balloon rally in Riverton!



GINNY HOLCOMB
OTR/L, CLT,
CO-OWNER
SHERIDAN CLINIC
TETON THERAPY

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Teton Therapy in the Community

37th Annual Riverton Rendezvous 2017

Summer is in full-swing by the Fourth of July in true Wyoming-style. Join the Teton Therapy team at the 1838 Riverton Rendezvous & Hot Air Balloon Rally—a three-week series of midsummer events including art walks, music, pancakes, and various sorts of fly-ins. Teton Therapy is excited to sponsor, volunteer, participate, and even have one of our therapists (legally!) pilot a hot-air balloon. Veteran-event-volunteers include VP of Administration Kim Shelley, VP of PR Tara Carr, Billing Manager Jennifer Hegwood, and Pilot-Therapist Ginny Holcomb. They enjoy coordinating and participating in this year's events throughout the month.



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Visit us at tetontherapypc.com

SUCCESS STORY

"Since coming to Teton Therapy the mobility in my neck has improved vastly. Not only has my level of pain gone down, I can turn my head to back up my police car. This helps taxpayers as well because repair costs were getting out of control."

PAUL N.
(Lander patient)
"Thanks for everything Teton Therapy!"



DID YOU KNOW?

What Conditions Does Dry Needling Treat?

Dry needling is a technique used by physical therapists to treat myofascial pain. Myofascial pain is when pressure on sensitive points in the muscles cause pain in seemingly unrelated body parts, often a result from a repeated injury or muscle overuse.

Some common conditions relieved by dry needling include:

- Migraines & tension headaches
- Carpal tunnel & computer-related disorders
- Spinal & joint dysfunction
- Whiplash associated disorders
- Tendonitis
- Cramps

Physical therapists use dry needling with the goal of releasing or inactivating trigger points to relieve pain, improve range of motion and pain control, reduce muscle tension, and/or normalize motor function. This can help speed up the patient's return to active rehabilitation.

Dry Needling is available at many of the Teton Therapy's locations—ask your physical therapist about how it might benefit you.



GO FIND YOUR SUMMER

After surviving another spring in the Rockies it is high time to break out the trail shoes and road bikes and go find your summer. After a season (or two, or three) of hibernation, it is common to "overdo" it when returning to summertime activities. There's no flag on the playing field if you take it a little slower on re-entry to your rugby, waterskiing, or barrel-racing pastimes. Bodies are good at letting us know when something is wrong... and minds are good at being stubborn. Teton Therapy will listen, assess, and build a plan for your return to recreation and better living.

SCHEDULE A FREE CONSULTATION TODAY

RIVERTON 307-857-7074 **CHEYENNE** 307-514-9999
LANDER 307-332-2230 **SHERIDAN** 307-683-0123



PASS IT ON!

Pass along this newsletter to someone you know who is suffering with pain or refer them to Teton Therapy. Give the gift of health!



TIP OF THE MONTH

From Sarah Gillett, DPT (Doctor of Physical Therapy), in Riverton: "Dry needling is a technique used to access deeper tissues, like trigger points, to help relieve pain and movement issues. It involves tiny, usually painless treatment needles applied to key areas, promoting healing. Used along with other traditional physical therapy methods such as soft tissue massage and exercises, it helps restore movement and provides relief. It's also covered by many insurance plans!"

If you have questions about how dry needling could benefit you, ask your physical therapist.



LOOK FOR US AT: LANDER LIVE
Four outdoor concerts featuring national touring bands at the Jaycee Park Stage on N. 1st & Main Street in downtown Lander. 7/20-8/21. Teton Therapy: Sponsors. Volunteers. Wild Dancers.

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